

FALL 2019



CITY OF LOS ALTOS

RECREATION & COMMUNITY SERVICES

ACTIVITY GUIDE

**Parks
Make
Life
Better!**



LOS ALTOS RESIDENT COURTESY REGISTRATION DATES: AUGUST 13-15
REGISTRATION OPENS TO ALL: AUGUST 16

SPECIAL EVENTS

Special Events At-A-Glance

FALL PLANT EXCHANGE

SAT, SEPT 28

10am-12pm

Hillview Community Center

Parking Lot

Must bring labeled plants
to exchange.

Info? 947-2790

56TH ANNUAL HALLOWEEN WINDOW PAINTING CONTEST

OCT 17-19

Downtown Los Altos

Info? See ad on page 1
or call 947-2790

"TWAS A WEEK BEFORE HALLOWEEN" MOVIE NIGHT

SAT, OCT 19

6:30pm Movie TBD

8pm Movie TBD

Grant Park

Info? 947-2790

THANKSGIVING CAMPS

Nov 25-27

Info? See page 19
or call 947-2790



MOVIE NIGHT

'Twas 13 Days Before Halloween

Saturday, October 19

Grant Park, 1575 Holt Ave

Movie 1, 6:30pm | Movie 2, 8pm

Bring a chair, blanket or jacket
and join us for this family friendly
Halloween double feature!
Costumes encouraged!

Presented by the City of Los Altos
Parks & Recreation Commission.

WE'RE MOVING

The Los Altos Recreation &
Community Services office will be
moving to The Underground
Teen Center at Shoup Park
(400 University Ave)
during construction of the the
new Community Center.

To keep up to date on the new
Community Center Project, go to
LosAltosRecreation.org



@LosAltosRec

Los Altos Recreation & Community Services

Office move date announced soon!

New office location
during construction will be:

**SHOUP PARK
400 UNIVERSITY AVE**

LosAltosRecreation.org
947-2790



Holiday Party Rentals

Looking for a great location to
host your holiday party?
Look no further!

With locations like the Garden
House at Shoup Park, the
Los Altos Youth Center and Grant
Park's Multi-Purpose Room, we
have it covered!

Give us a call at 947-2790 for
more information.

56TH ANNUAL

HALLOWEEN WINDOW PAINTING CONTEST

OCTOBER 17-19 | DOWNTOWN LOS ALTOS

Open to all 4th-12th Grade Students in the Los Altos Area
Space is limited | Register early

Register online or at the
Recreation & Community Services office by
Thursday, October 10, at 5pm.
Participation is FREE for Residents & All Others.

A full set of painting times, rules & regulations
are available online at LosAltosRecreation.org.

Window assignments will be made by Recreation
& Community Services and will be posted online.

All assignments will be emailed to contestants on
or before Tuesday, October 15.

Special Requests?
Email bmatheson@losaltosca.gov
or call 947-2887.

210810-04	10/17-10/19	4th Graders
Thu-Sat		Times Vary

2210810-05	10/17-10/19	5th Graders
Thu-Sat		Times Vary

210810-06	10/17-10/19	6th Graders
Thu-Sat		Times Vary

210810-07	10/17-10/19	7th Graders
Thu-Sat		Times Vary

210810-08	10/17-10/19	8th Graders
Thu-Sat		Times Vary

210810-09	10/17-10/19	High School
Thu-Sat		Times Vary

Painting Times
Thu/Fri: 3-5pm, Sat: 9am-5pm

SPONSORED BY THE CITY OF LOS ALTOS RECREATION & COMMUNITY SERVICES
IN COOPERATION WITH THE LOS ALTOS VILLAGE ASSOCIATION

WELCOME



Los Altos Recreation & Community Services Office

Current 97 Hillview Avenue

During Construction* 400 University Avenue (Shoup Park)

Los Altos, California 94022

Tel: 947-2790 Fax: 947-2738

LosAltosRecreation.org

Office hours Monday-Friday**, 8am-5pm

**Our office will be relocated to Shoup Park during the new Community Center construction. Date of relocation will be announced!*

***Office is closed every other Friday. Please see city website for schedule.*

Recreation & Community Services Commissions

Parks & Recreation

Yong Yeh
Chair

Stuart Eckman
Vice Chair

Pete Dailey

Tanya Lindermeier

Jonathan D. Weinberg

Senior

Janet Harding
Chair

Kevin O'Reilly
Vice Chair

Jim Basiji

William Buchholz

Chris Nagao

Doris Torbeck

Zee Yu

Library

Garo Kiremidjian
Chair

Pierre Bedard

Cindy Hill

Richard Liu

Ying Liu

Eric Steinle

Youth

Vivek Bharati

Boladale Erogbogbo

Krish Gujral

Tom Harpaz

Connie Hong

Mahi Kolla

Devon Montgomery-Eder

Medha Rajagopalan

Anisha Reddy

Serra Tulu

Jessica Young

Commissions serve as advisory bodies to the Los Altos City Council. Find more information about these commissions at losaltosca.gov/cc.

Look Inside For...

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Oh! My Class was Canceled?

Unfortunately classes are sometimes canceled if there aren't enough registered participants. Please **register early** to avoid disappointment!



Unless otherwise stated, all telephone numbers herein are area code (650).
Printed on recycled paper with eco-friendly ink.



WE'LL WATCH THE KIDS!

PARENTS' NIGHT OUT!

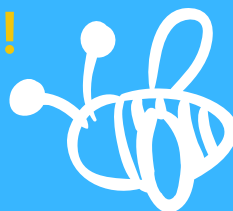
Friday, November 22 | 5:30-8:30pm

San Antonio Club | 647 San Antonio Rd

Cost: \$15 per child (Tiny Tots Families), \$20 per child (All Others)

Ages: 3-6yrs | Activity Code: 210103-01

Enjoy a night out while your kids have fun with their friends! Games, crafts and a pizza dinner lead by Camp Director, Bumble Bee!



For more information give us a call at 947-2790
or go online to LosAltosRecreation.org

ON-DEMAND RIDE REIMBURSEMENT FOR SENIORS

KEEP IN TOUCH WITH YOUR COMMUNITY



Rides must take place before June 30, 2020

You must be a current
Los Altos Senior Program Member

Rides must begin and end within the
City of Los Altos, Town of Los Altos Hills,
and/or include the following destinations:
El Camino Hospital, Mountain View's Kaiser
Medical Offices, Mountain View's Palo Alto
Medical Foundation or the Palo Alto
Veterans Hospital with no stops outside of those
areas.

You must use an on-demand ride company
that can provide official verification of
ride cost and transportation start
and finish points.

Full cost of ride and up to \$3 driver gratuity
will be reimbursed, any additional gratuity given
will not be reimbursed.

The City of Los Altos is providing an
on-demand ride reimbursement program
for Recreation & Community Services
Senior Program Members. This is a
program that was created to aid local
seniors in becoming more mobile within the
Los Altos community. For more info, call
947-2790 or visit LosAltosRecreation.org.



ADULT Classes



ARTS & CRAFTS

ART VENTURES

This group of artists and learners meets Wednesdays to practice and share their art. We occasionally take turns showing the class new things we've learned or have a specific theme. Artists are always welcome to work on their own projects.

Grant Rm 3 **Various**
No code needed 18+yrs
Wed on-going 9:30am-12pm
Senior Program Members & All Others* FREE!
*For Senior Program membership info, plus all our Senior Program offerings, please see pg 30.

SPLASH INK PAINTING: BEGINNING

This is an introductory class where students will explore various techniques to mix color and ink, play with the flow and shades of ink and color, while having fun creating spontaneous, contemporary and abstract paintings.

Grant Rm 3 **Chan**
230553-01 18+yrs
Fri 9/13-11/22 12-2pm
Residents \$342* All Others \$408*
*Materials fee of \$10 due first day.

WATERCOLOR WITH CONFIDENCE

This course is for those with experience with watercolor who feel ready to expand their command of the medium. A strong focus will be on problem solving and experimentation, with a view toward adding to the painter's technique "tool box."

Equipment Note: Supply list will be sent out prior to start of class; painters should bring them to first class.

Grant Rm 2 **Oliver**
230514-01 18+yrs
Fri 9/13-11/22 9:30am-12:30pm
No class 9/20, 9/27, 11/8
Residents \$172* All Others \$204*
*Materials fee of \$7 due first day.

SUBLIME WATERCOLOR PAINTING WITH JOY

Join this class as we learn to harness water, this force of nature, for creating beauty in art! All skill levels are welcome, and individual coaching is emphasized. We'll work from photographs and from life, using real objects, natural or crafted.

Equipment Note: A supply list will be provided.
Grant Rm 2 **Olsen**
230510-01 18+yrs
Wed 10/16-11/20 6-9pm
No class 11/6
Residents \$137 All Others \$162

DANCE & FITNESS

CROSS TRAINING WITH TEAM FITNESS

teamfitness.com

Geared for beginner to well-conditioned athletes, each one-hour class varies training elements for complete fitness. Indoors and outdoors, we integrate weights, agilitys, sprints, power walking, flexibility, ropes, sports, and lots of fun. Join us for a FREE trial week.

Note: For new members, September through December: get your first two months at 50% off.

Registration Note: To set up your first visit: call or email Team Fitness staff at (877) 751-5100, x3 or tomgordon@teamfitness.com.

Blach Gym	Team Fit Staff
No code required	co-ed class 18+yrs
M/W/F	on-going 6-7am
No code required	co-ed class 18+yrs
Tue/Thu	on-going 6-7am
No code required	co-ed class 18+yrs
Sat	on-going 6-7am
No code required	co-ed class 18+yrs
Sat	on-going 7-8am

FIT4MOM

sfpeninsula.fit4mom.com
395-7558

Body Back

A results-based workout designed for moms who want their body back, whether they just had a baby or their last child was born 20 years ago! Eight-week session includes 16 classes, before/after assessments, meal plan, group support and personalized coaching.

Equipment Note: Bring a towel or yoga mat to first class.

Rosita Park	Fit4Mom Staff
No code required	18+yrs
Mon/Thu on-going	9:30-10:30am
Contact Fit4Mom for pricing	

LAYC	Fit4Mom Staff
No code required	18+yrs
Tue/Fri on-going	6-7am
Contact Fit4Mom for pricing.	

Stroller Strides

Stroller Strides is a stroller-based fitness program designed for moms with kids from six weeks to six years, as well as pregnant moms. Each 60-minute, total body workout incorporates power walking or jogging, strengthening and toning exercises, songs and activities.

Equipment Note: Bring a towel or yoga mat to first class.

Registration Note: No sign-up required. First class is FREE! To schedule your first class, contact sfwelcome@fit4mom.com.

Grant Park	Fit4Mom Staff
No code required	18+yrs
M/F on-going	9:30-10:30am

\$18 for a single class pass

\$75 for a 5 class pass

\$130 for a 10 class pass

\$85 for an unlimited monthly membership

Fit4Baby

Specifically for moms-to-be. Exercises are carefully selected to prepare your body for the changes you experience during pregnancy. You can begin Fit4Baby at any point during pregnancy as the workouts are scientifically-based, purposeful and designed to accommodate your changing body.

Grant MPR	Fit4Mom Staff
No code required	18+yrs
Tue on-going	7-8pm
Contact Fit4Mom for pricing.	

FITNESS HALPERS

fitnesshalpers.com
479-5955

Fitness in the Park

If you are ready to shed some pounds, increase lean muscle mass and improve overall fitness, then gather up some friends: our Boot Camps are perfect for you. We utilize dumbbells, barbells, TRX, slam balls and resistance bands.

Equipment Note: Please bring yoga mat.

Shoup Park (outside)	Halper
No code required	18+yrs
M/W/F on-going	8:45-9:45am
Residents & All Others	
\$200/month or \$200 for 8 sessions: contact Fitness Halpers for more info.	

JACKI SORENSEN'S STRONGSTEP

Jacki's StrongStep is an easy-to-follow, low impact workout to motivating music that incorporates aerobics, strength training, abs work, and stretching. Participate at your own level.

Equipment Note: Bring mat or towel for floor work. Steps provided.

New Student Note: 1. Please call instructor to check if there is room to add new students. 2. Arrive early for your first class to meet the instructor and set your personal fitness goals. Call 961-5411 for more info.

Grant Rm 2	Franich
No code required	18+yrs
Mon/Wed on-going	8:30-9:30am
Register at class; 10 classes for \$65	
First week FREE!	





JAZZERCISE®

Jazzercise

JAZZERCISE is a 60-minute class incorporating cardio, strength, and stretch moves for a total body workout. We've taken moves from hip-hop, yoga, Pilates, kickboxing, and resistance training and bundled them into one hour. All ages, levels and sizes welcome.

New Student Note: Try Jazzercise on us! Come in and receive a seven-day access pass for FREE!

Georgi Shea269-5111
Jerome Flowers (408) 279-5277
Barbara Peteson 464-9758
Nisa Leone(408) 505-2048

JAZZERCISE IS AN ON-GOING PROGRAM.
REGISTER AT CLASS, ANYTIME!

Blach Gym	Shea
No code required	18+yrs
Mon/Wed on-going	6-7pm
No code required	18+yrs
Tue/Thu on-going	6:30-7:30pm
No code required	18+yrs
Sat on-going	8:30-9:30am

Grant MPR	Leone
No code required	18+yrs
M/Tu/Th on-going	9-10am
No code required	18+yrs
Sun on-going	8:30-9:30am

LAYC	Flowers
No code required	18+yrs
Tue/Thu on-going	9:15-10:30am
No code required	18+yrs
Sat on-going	9-10am

LAYC	Peterson
No code required	18+yrs
M/W/F on-going	9:15-10:30am

Jazzercise: Body Sculpting

Tone your muscles and strengthen your body with this class. Although there are no fast moving dance steps, you will still increase your heart rate in this class. For beginners and advanced participants. Workouts modified to each ability level.

BODY SCULPTING IS AN ON-GOING CLASS.
REGISTER AT CLASS, ANYTIME!

Equipment Note: Please bring a mat and water bottle. Jazzercise is an on-going program.

Grant MPR	Leone*
No code required	18+yrs
Tue/Thu on-going	10:15-11:15am
\$45 per class – for one or two participants	
\$35 per class – for 3 or more participants	
*Call Nisa Leone for more information: (408) 505-2048	

LAYC	Peterson*
No code required	18+yrs
Tue/Thu on-going	4-5:30pm
\$25 per class	
Monthly passes: \$80 per month	
Unlimited classes: \$149	
*Call Barbara Peterson for more information: 464-9758	

KORU MOVEMENT STUDIO

korumovementstudio.com

Note for ALL Koru Movement Studio classes:
1. Wear comfortable clothing, non-slip socks or go barefoot. 2. Bring a yoga mat, and a pair of small hand weights. 3. (Optional) Bring a small- to medium- sized towel.

Buff Bones®

This medically endorsed system of movement leverages bone-strengthening and balance techniques along with Pilates, strength training and therapeutic exercise. Toning your arms, hips, back and abs, this system is safe for those who have osteoporosis/low bone mass.

Equipment Note:

Grant Rm 2	Iwasaki
231042-01	18+yrs
Tue 9/10-12/10	9:30-10:30am
No class 11/26	
Residents \$167	All Others \$198

Buff Bones® Chair Workout

Ideal for those with limited mobility, seniors, those who cannot do mat work, or those who can't easily get up and down from the ground. A standing portion of the workout for balance, and bone loading uses a resistance band. All levels welcome!

Equipment Note: Option to purchase a \$20 resistance band from instructor.

Grant Rm 2	Iwasaki
231043-01	18+yrs
Tue 9/10-12/10	10:35-11:35am
No class 11/26	
Residents \$167	All Others \$198

50+

LINE DANCING

Step right up! An easy way to get some healthy exercise and have fun keeping fit. The warm camaraderie, great music and good workout will keep you high stepping all week. Call Richard Campbell at (408) 377-6978 with questions.

Registration Note: Register for the month or drop-ins welcome: \$8 for Senior Program members; \$10 for all others. Register for drop-ins before each class at the Senior Center.

Grant MPR	Campbell
645511-10	50+yrs
Tue 9/10-10/1	12:30-2:45pm
645511-11	50+yrs
Tue 10/8-10/29	12:30-2:45pm
Senior Program Members \$29 All Others \$34*	
*For Senior Program membership info, plus all our Senior Program offerings, please see pg 30.	

Grant MPR	Campbell
645511-12	50+yrs
Tue 11/5-12/3	12:30-2:45pm
Senior Program Members \$35 All Others \$41*	
*For Senior Program membership info, plus all our Senior Program offerings, please see pg 30.	

**NORA'S EXERCISES**

50+

Chair Strength & Balance

Join Functional Aging Specialist Nora Beltran and enjoy a variety of fun and safe seated exercises that will help you build your strength using balls, bands and dumbbells. Standing exercises specially designed to improve your balance and reduce the risk of falling.

Equipment Note: Bring your own dumbbells (optional). Balls, bands and water bottles that can be used as weights will be provided by instructor.

Note: Participants should be able to stand.

Shoup Park Garden House	Beltran
645107-04	50+yrs
Tue 9/17-12/10	10:15-11am
No class 10/22, 11/26	
Senior Program Members \$60 All Others \$71*	
*For Senior Program membership info, plus all our Senior Program offerings, please see pg 30.	



50+

Stretch, Flex & Tone

Lengthen and strengthen in this class. Tone your muscles and improve range of motion in your joints.

Equipment Note: Bring a mat and dumbbells to each class. Balls and bands will be provided by instructor.

Shoup Park Garden House	Beltran
645108-06	50+yrs
Tue/Thu 9/17-12/12	8:45-9:45am
No class 11/28	
Senior Program Members \$120 All Others \$143*	
*For Senior Program membership info, plus all our Senior Program offerings, please see pg 30.	





YOGA FOR ADULTS

Hatha yoga encourages healing of the body by releasing physical, mental and emotional tension. It promotes strength and flexibility. These classes offer instruction based on the teaching of BKS Iyengar in asana practice, breathing techniques and end with deep relaxation.

Equipment Note: Yoga sticky mat, thick towel or blanket required. Wear comfortable clothes.

Grant Rm 2		Graul
231702-02	Beginning	18+yrs
Thu	9/12-12/12	6-7:15pm
<u>No class 11/28</u>		
Residents \$168		All Others \$200

Shoup Park Garden House		Graul
231702-01	Continuing	18+yrs
Mon	9/9-12/9	6-7:30pm
<u>No class 11/11</u>		
Residents \$168		All Others \$200

YOGA WITH MIKI

*Certified Yoga Therapist
yogawithmiki.co.nf*

Registration Note for ALL Yoga with Miki classes: Register for the quarter (below) or drop-ins welcome: \$18 for Residents & All Others. Register for drop-ins before each class at the Garden House.

Dance-Yoga-Pilates

Enjoy a fun, total-body workout: 25 minutes low impact dance based on yoga, tai chi, tae kwon do, jazz, and world dance. No dance experience necessary. Then to the mat for yoga, Pilates to strengthen the abs, build core stability, and improve posture.

Equipment Note: Bring a yoga mat and towel.

Shoup Park Garden House		Bousso
231716-01		16+yrs
Fri	9/13-12/13	9:15-10:40am
<u>No class 10/25</u>		
Residents \$212		All Others \$252

Gentle Yoga for Healthy Spine

In this alignment-based class, we combine breath and movement to increase range of motion and flexibility, improve posture, tone the core, strengthen and mobilize the spine, release muscle tightness and achieve an overall sense of well-being.

Equipment Note: Bring a yoga mat and towel and wear loose clothing.

Shoup Park Garden House		Bousso
231707-01		16+yrs
Mon	9/9-12/9	9:15-10:15am
<u>No class 11/11</u>		
231707-02		16+yrs
Wed	9/11-12/11	9:30-10:30am
Residents \$171		All Others \$203

Yoga-Pilates

Through a series of Pilates and yoga exercises, students will strengthen their abdominals, build core stability, improve posture and alignment, increase flexibility, mobilize the spine, stretch, and release tension throughout the body.

Equipment Note: Bring a yoga mat and towel and wear loose clothing.

Shoup Park Garden House		Bousso
231706-01		16+yrs
Wed	9/11-12/11	10:45-11:45am
231706-02		16+yrs
Fri	9/13-12/13	9:40-10:40am
<u>No class 10/25</u>		
Residents \$171		All Others \$203



DAY TRIPS

GREG MEYER TRIPS

gregmeyernaturalist@gmail.com
(831) 345-1973

Note for ALL Greg Meyer Trips: 1. Trips will take place rain or shine. 2. Greg will send an email to participants prior to trip specifying meeting place and equipment needed. 3. If you have any questions, contact Greg.

Brooks Island Kayak

This is a beautiful kayak trip in northern SF Bay to view a "secret spot" — the scenic Brooks Island. We'll paddle along the shoreline, looking for wintering birds and resident harbor seals, then pull ashore to eat lunch. No experience necessary.

Brooks Island	Meyer
233101-01	18+yrs
Sat 11/16	9am-3pm
Residents \$53*	All Others \$61*
*Materials fee of \$50 per person due day of trip.	

Redwood Creek Kayak

This is a great beginner's paddle in the marshlands next to Redwood Creek. Harbor seals and many species of shorebirds are often spotted here around Bair Island. We'll pull ashore for a midday lunch and stretch before paddling home. No experience necessary.

Redwood Creek	Meyer
233106-01	18+yrs
Sun 10/20	9am-3:30pm
Residents \$53*	All Others \$61*
*Materials fee of \$50 per person due day of trip.	

Sunset Paddle Elkhorn Slough

Join us in visiting one of California's largest remaining coastal wetlands and the habitat for numerous wildlife. We'll spend an afternoon exploring the quiet waterways of the preserve and then watch the sunset as we head back. No experience is necessary.

Elkhorn Slough	Meyer
230827-01	18+yrs
Sat 10/5	2:30-7pm
Residents \$53*	All Others \$61*
*Materials fee of \$50 per person due day of trip.	

SENIOR PROGRAM TRIPS

The Senior Program hosts a variety of day trips! Check in at the Senior Center or look in *The Spotlight* newsletter for info on upcoming outings.

MARTIAL ARTS

JUJITSU

For beginning and advanced students. Through a unique and supportive teaching style, students will learn punching, kicking, throwing, falling, grappling, and real world, practical self-defense techniques. Join this exciting class and improve your self-confidence, condition your physical self and develop a positive self-image.

Grant MPR	Gearhart
231101-01	16+yrs
Mon/Thu 9/9-12/12	7:30-9pm
No class 11/11, 11/28	
Residents \$272	All Others \$324



SPECIAL INTEREST

EMERGENCY PREPAREDNESS

GETTING PREPARED

Block Action Team (BAT) Training

Strengthen your neighborhood by becoming a BAT Leader! Get the training and tools to enlist your neighbors to help each other during emergencies, prevent crime, and build community. Learn more about BAT and new BAT Leader Training at losaltosbat.org.

Registration Note: To register, please go to losaltosbat.org.

Neutra House Los Altos Community Foundation Staff

No code required	18+yrs
Sun 10/20	4:30-6pm
No code required	18+yrs
Sun 11/17	4:30-6pm

Residents & All Others FREE!

Personal Emergency Preparedness (PEP)

Learn how to prepare your family to be self-reliant the first 72 hours following a major disaster. This class includes information on types of disasters, home and workplace preparedness, fire safety, treating life-threatening conditions, and building a disaster supply kit.

Registration Note: To register, please go to losaltosca.gov/pep

LAYC Santa Clara County Fire Dept Staff

No code required	18+yrs
Thu 9/19	6-9:15pm

Residents & All Others FREE!



PSA/EIRS Training

[PRELIMINARY SAFETY ASSESSMENT + EMERGENCY INFORMATION REPORTING SITE]

BAT leaders learn the Preliminary Safety Assessment (PSA) process used after a disaster to more quickly bring help to their neighborhood.

Prerequisite: New BAT Leader Training.

Registration Note: To register, please go to losaltosbat.org

Neutra House Los Altos Community Foundation Staff

No code required	18+yrs
Sat 9/14	10-11:30am
No code required	18+yrs
Sat 12/14	10-11:30am

Residents & All Others FREE!

Additional Emergency Prep information and classes available at losaltosca.gov/emergencyprep

SPECIAL EVENTS & WORKSHOPS: FAMILY EMERGENCY PREPAREDNESS

Los Altos PREPARES will host a series of workshops and special events associated with the exhibit at the Los Altos History Museum, "Our Community Prepares: Acts of Nature, Then and Now," which runs from September 19, 2019 to January 19, 2020. Please see the website, losaltosca.gov/exhibitevents for the up-to-date schedule and registration information.

FINANCES

RETIREMENT TALK

40+

Passport to Retirement

Learn how to calculate how much money you'll need, make the most of your current resources, select the appropriate pension options, get a higher return on your investments, and "inflation-proof" your income. Other topics include Social Security, long-term care and lifestyle issues.

Grant Rm 3

231801-01	40+yrs
Thu 10/10-10/24	6:30-9pm
231801-02	40+yrs
Tue 10/15-10/29	6:30-9pm

*Residents \$75**

*All Others \$88**

**Spouse/guest may attend at no charge.*

55+

Rejuvenate Your Retirement

This unique and comprehensive course focuses on the issues and concepts important to retirees. In straightforward language, explained are financial strategies such as tax-efficient income planning, lifestyle preservation, inflation protection, and providing a legacy. Includes 143-page workbook.

Shoup Park Garden House

230824-02	55+yrs
Wed 10/16-10/23	1-3:30pm

*Residents \$54**

*All Others \$63**

**Spouse/guest may attend at no charge.*



GAMES WE PLAY

50+

BRIDGE: INTERMEDIATE

This year-round class teaches only intermediate social (party) bridge. It helps players to advance their skills at both bidding and playing. Lessons assume basic bridge knowledge including evaluation of hands and ordinary hand bidding. Classes include a one-hour lecture, followed by student play.

Registration Note: Register for the quarter (below) or drop-ins are welcome: \$7 for Senior Program members; \$9 for all others. Register for drop-ins before each class at the Senior Center.

Grant Rm 1	Plutynski
645530-04	50+yrs
Thu	9/12-12/12 9:15am-12pm
No class 11/28	

Senior Program Members \$55 All Others \$65*
 *For Senior Program membership info, plus all our Senior Program offerings, please see pg 30.

50+

MAH JONGG: AMERICAN STYLE

If you would like to be part of a group that has fun learning and playing Mah Jongg, join us on Wednesdays.

Equipment Note: If you need to purchase a Mah Jongg playing card the cost is \$9. Purchase through the Los Altos Senior Center.

Grant Rm 2	Geiman/Levy
645556-01	Beginner 50+yrs
Wed	9/11-12/11 10:30am-12:30pm

Senior Program Members \$35 All Others \$42*
 *For Senior Program membership info, plus all our Senior Program offerings, please see pg 30.

Grant Rm 2	Geiman/Levy
645556-01	Intermediate 50+yrs
Wed	9/11-12/11 12:30pm-3:30pm

Senior Program Members & All Others* FREE!
 *For Senior Program membership info, plus all our Senior Program offerings, please see pg 30.



HEALTH MINDED

MINDFULNESS MEDITATION

As proven by neuroscientists, Mindfulness Meditation rewires our neural pathways so we relate to ourselves and others calmly, nonjudgmentally, compassionately. Result? A life of balance, peace, happiness, contentment. Increased concentration and productivity. Greater stress resilience, empathy, sense of well-being. Come and see!

Equipment Note: 1. Chairs are available but if you feel comfortable sitting on the floor, please bring a cushion. 2. Wear comfortable clothing.

Shoup Park Garden House	Welaratna
250822-01	18+yrs
Mon	10/7-11/25 11am-1pm
No class 11/11	

Residents \$207* All Others \$246*
 *Materials fee of \$30 due first class.

QIGONG 18 BUDDHA HANDS

Combines slow graceful movements with mental concentration and breathing to increase strength, balance, and coordination. Enhances the immune system and reduces physical and mental stress. It is gentle and precise, making it accessible to any student, even if physically limited.

LAYC	Sims
231050-01	16+yrs
Mon/Wed	9/9-12/11 10:45-11:45am
No class 11/11	
Residents \$201	All Others \$239

QIGONG FOR HEALTH

Qigong is a gentle exercise composed of easy, flowing movements that gently stretch the body, rejuvenating hips, shoulders, knees, neck, and spine. Qigong reduces pain, improves balance, boosts your immune system, improves the quality of your sleep and reduces stress.

Shoup Park Garden House	Kroth
231044-01	14+yrs
Fri	9/13-12/6 11:30am-12:30pm
Residents \$142	All Others \$168



INTERNATIONAL TOPICS

50+

FOREIGN AFFAIRS

This self-led group meets weekly to discuss and debate foreign affair issues. Class members give prepared presentations on topics of their choice followed by open discussion. Class concludes with a summary report of the foreign affairs news of the week.

Grant Rm 3

645543-04

Fri

9/13-12/6

Director

50+yrs

10am-12pm

No class 11/29

Senior Program Members \$30 All Others \$35*

*For Senior Program membership info, plus all our Senior Program offerings, please see pg 30.

MUSIC

TACO

[TERRIBLE ADULT CHAMBER ORCHESTRA]

Equipment Note for ALL Terrible Adult Chamber Orchestra classes: Bring your own instrument and a music stand.

Note for ALL Terrible Adult Chamber Orchestra classes: Contact director at tacocathy@icloud.com if you have questions.

NEW!

Intro to Orchestra

Tired of playing alone? Ready to step up your game? Learn how to follow a conductor, tricks and tools to keep up with an orchestra and prepare to join TACO!

LAYC

230111-05

Sun

9/15

Residents & All Others \$10

Humphers Smith

18+yrs

2-4pm

TACO Orchestra

Terrible Adult Chamber Orchestra is an orchestra for the rest of us, a monthly gathering of adults who want to play music together in a relaxed, sociable setting.

LAYC

230111-01

Sun

9/29

230111-02

Sun

10/27

230111-03

Sun

11/24

Residents & All Others \$10

Humphers Smith

18+yrs

2-5pm

18+yrs

2-5pm

18+yrs

2-5pm

LAYC

230111-04

Sun

9/29, 10/27, 11/24

Residents & All Others \$25

Humphers Smith

18+yrs

2-5pm

PETS

ADOBE DOG TRAINING

Basic Manners for Community Dogs

For dogs five months of age or older. Focuses on training basic behaviors, walking nicely on a leash, and canine manners. Content includes discussion of developmental stages and responsible dog ownership.

BEGINNING

Hillview Baseball Field

230837-01

Wed

9/11-10/9

230837-02

Wed

10/23-11/20

Residents \$102

Hughes

18+yrs

9-9:50am

18+yrs

9-9:50am

All Others \$120

ADVANCED

Hillview Baseball Field

230801-01

Wed

9/11-10/9

230801-02

Wed

10/23-11/20

Residents \$102

Hughes

18+yrs

10-10:50am

18+yrs

10-10:50am

All Others \$120

SPORTS

ARCHERY

THE ART & ENJOYMENT OF ARCHERY

The archery classes in this program are designed to help students learn and develop their archery skills. Instructor Ray Roan has practiced archery for over 40 years and has been teaching for more than 35 years.

Equipment Note for ALL The Art & Enjoyment of Archery classes: Basic archery equipment will be provided.

Note: Also listed in the youth section, these classes are quite suitable for adults (18+yrs)!

Archery 2

This class is a continuation for those who are ready to move to the next level, or for those who have been shooting archery for at least one year. The focus of this class will be to refine shooting form.

RWG Field

210938-01

Thu 9/5-11/7

No class 9/19, 9/26

Residents \$288

Roan

8+yrs

5-6pm

All Others \$344

Archery 3

This class is for those who have been taking archery classes for at least four years and want to further refine their shooting skills.

RWG Field

210939-01

Fri 9/6-11/8

No class 9/20, 9/27

Residents \$288

Roan

9+yrs

5-6pm

All Others \$344



BASKETBALL

BASKETBALL DROP IN

Looking for some hoop action? Whether you like pick-up games or simply to shoot around, this is the time and place to do it! Bring a friend or come alone. See you there!

Equipment Note: All equipment provided.

Egan Gym

LA Recreation & Community Svcs Staff

No code required

18+yrs

Wed on-going

8-10pm

Residents & All Others \$3 (at the door)

ICE SKATING

NAZARETH ICE OASIS (NIO)

3140 Bay Rd, Redwood City

Note for ALL Nazareth Ice Oasis classes: Skate rental and 30-minute practice time immediately following lesson included in fee.

Required for ALL Nazareth Ice Oasis classes:

1. Please arrive 15 minutes before class begins.
2. Bring warm clothing and mittens/gloves.

Adult Ice Skating

Ice skating is a confidence-building sport that is challenging and rewarding. These classes will give you a fun introduction to basic ice skating skills, including skating forward, backward and stopping.

Nazareth Ice Oasis

230903-01

Sat 9/7-10/12

230903-02

Sat 10/19-11/23

Residents \$162

NIO Staff

14+yrs

11-11:30am

14+yrs

11-11:30am

All Others \$192

GOLF

DEEP CLIFF GOLF

10700 Clubhouse Ln, Cupertino

Equipment Note for ALL Deep Cliff Golf classes: Golf clubs provided; however, if you have your own clubs, please bring them.

Weather Policy for ALL Deep Cliff Golf classes: We make every effort to hold our classes with consideration for participant comfort. Decisions as to whether a class will take place or not will be made one hour before the scheduled start time. Registrants may call Deep Cliff Golf Course directly at (408) 253-5357 within one hour of class for updates and rescheduling. Rescheduling is done at the instructor's discretion.



Adult Golf

This class emphasizes building good fundamentals. Focus is on the four basic swings of golf. Beginner to intermediate, we invite you to come jump-start your golf career or move your golf game forward.

Deep Cliff Golf Course	Deep Cliff Staff
230914-01	17+yrs
Sat 9/7-9/28	1-2:30pm
230914-02	17+yrs
Sat 10/5-10/26	1-2:30pm
230914-03	17+yrs
Sat 11/2-11/30	1-2:30pm
No class 11/23	
Residents \$172	All Others \$204

Golf for Women

Ladies, come join a class of all women to learn the skills of putting, chipping, pitching, and full swing. This is a really fun class for new golfers, as well as for those who want to improve their skills.

Deep Cliff Golf Course	Deep Cliff Staff
230915-01	16+yrs
Fri 9/6-9/27	5-6:30pm
230915-02	16+yrs
Fri 10/4-10/25	5-6:30pm
230915-03	16+yrs
Fri 11/1-11/29	4-5:30pm
No class 11/22	
Residents \$172	All Others \$204

NEW! 50+

Golf for Seniors

With emphasis on personal attention, we ensure a fun golfing experience! This program is aimed at senior golfers looking to get back some distance and hone their short games.

Deep Cliff Golf Course	Deep Cliff Staff
230936-01	50+yrs
Sat 9/7-9/28	3-4pm
230936-02	50+yrs
Sat 10/5-10/26	3-4pm
230936-03	50+yrs
Sat 11/2-11/30	3-4pm
No class 11/23	
Residents \$132	All Others \$156

TENNIS

TENNIS COURT RULES

1. Tennis play, tennis shoes and tennis equipment ONLY.
2. Play is limited to 1 hour for singles play and 1 hour 30 minutes for doubles play.
Play may continue if no one is waiting. Players must relinquish the court if players are waiting. Waiting players should state their intent to play to current court occupants upon arrival.
3. Two players must be present to hold a court.
4. Water ONLY. No other drinks, food or tobacco products allowed.
5. SIX BALL MAX per court allowed except for City sponsored lessons.
6. ONLY City sponsored lessons are allowed.
7. City sponsored programs have first priority.
Players must relinquish the courts immediately upon request.
8. In the event of an emergency, please call 911.
In the event of a non-emergency, please call police dispatch at 947-2770.

WHITLINGER/SARSFIELD TENNIS

whitlingersarsfieldtennis.com

Enjoy top-flight instruction from the staff of Stanford University Hall of Famer John Whitlinger and longtime Stanford/USPTA Professional Tom Sarsfield. All classes will consist of only two to six players and eight lessons.

Equipment Note for ALL Whitlinger/Sarsfield Tennis classes: Bring a racquet to all classes!

Make-up Policy for ALL Whitlinger/Sarsfield Tennis classes: Make ups will only be given on those occasions when inclement weather or an instructor's absence requires that a class be canceled. Unless notified to the contrary, make up lessons will be forwarded to the next normal meeting day and time. However, Fridays (for weekday lessons) or Sundays (for Saturday lessons) may be used at the instructor's discretion.

Rain Policy for ALL Whitlinger/Sarsfield Tennis classes: In case of rain, contact Recreation & Community Services at 947-2790 Monday-Friday, 8am-5pm, within an hour before scheduled starting time for class status. Or check with the instructor whose contact information is listed on whitlingersarsfieldtennis.com. For evening or weekend classes, check with the instructor at the court. If at any time the instructor is absent, report to the next scheduled lesson for make-up date. No postponement announcement will be initiated by the instructor or Recreation & Community Services.*

**Office closed alternating Fridays: check City website for schedule.*

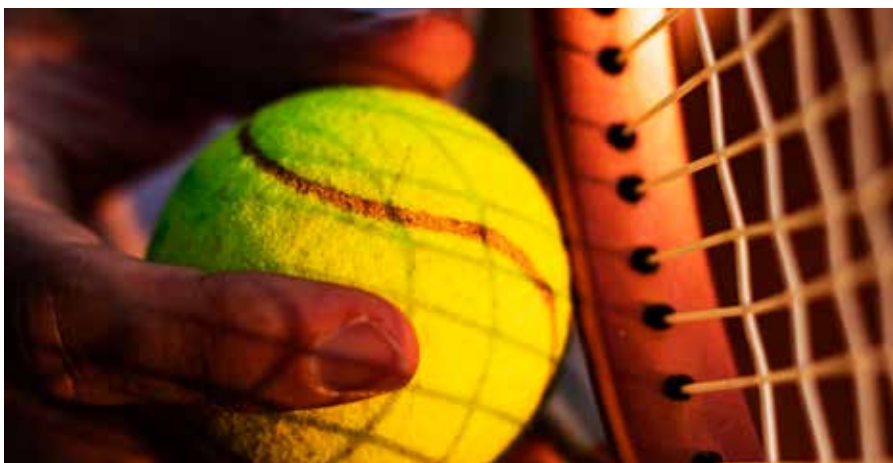
Adult Novice Tennis

Special Service, only two to six players per court! Develop the essential techniques with emphasis on control, depth and direction. Lessons will also incorporate rules, etiquette and basic doubles play.

Marymeade Courts 2/3

Whitlinger/Sarsfield Tennis Staff

230948-01		15+yrs
Tue/Thu	9/10-10/3	6:30-7:30pm
Residents \$145		All Others \$172



Adult Low Intermediate Tennis

Special Service, only two to six players per court! For players who are consistent on a slow-paced rally but need to develop better depth, directional control and use of spin. Review and strengthen stroke techniques with more emphasis on basic strategy and tactics.

Marymeade Courts 2/3

Whitlinger/Sarsfield Tennis Staff

230963-01		15+yrs
Tue/Thu	9/10-10/3	7:30-8:30pm
No class 11/28		
230963-02		15+yrs
Tue/Thu	10/15-11/7	6:30-7:30pm
No class 11/28		
Residents \$145		All Others \$172

Adult Intermediate Tennis

Special Service, only two to six players per court! For players who can maintain a medium-paced rally but need to develop more spin, power, and/or variety. Refine stroke techniques, strategy and tactics with performance-enhancing drills.

Marymeade Courts 2/3

Whitlinger/Sarsfield Tennis Staff

230949-01		15+yrs
Tue/Thu	10/15-11/7	7:30-8:30pm
No class 11/28		
Residents \$145		All Others \$172

Individual Tennis Lessons

Personal and semi-private lessons (1-4 players) taught by the staff of Stanford University Hall of Famer John Whitlinger and Stanford/USPTA Professional Tom Sarsfield.

For lessons at Marymeade Park, Courts 2/3:
Francois Chan345-8768
James Knofler (408) 410-0434

For lessons at Rosita & McKenzie Parks, Court 1:
James Knofler (408) 410-0434
Sharon Lamond (408) 712-7361
Glenn Uguccioni (408) 797-9471

For lessons at Montclair Park, Court 1:
Joe Bassi 576-0988
Glenn Uguccioni (408) 797-9471

Hourly Rate* & Payment

For one player: \$80 per hour
For two players: \$42.50 per hour each
For three players: \$30 per hour each
For four players: \$25 per hour each

*Discounts may be offered for four or more lessons paid in advance.

Payment by check only; payable to Tom Sarsfield. Payment due first day.

2019 Los Altos Sounds of Summer

HEY, LOS ALTOS!

*Thanks for coming out to the
2019 Summer Concert Series!
Hope you enjoyed groovin' to this year's
bands ... we're already looking forward
to next summer!*

BECOME A SPONSOR FOR THE 2020 SUMMER CONCERT SERIES!

LEARN ABOUT ALL OF THE MANY BENEFITS FROM
RECREATION COORDINATOR CANDACE AVINA
947-2890 OR CAVINA@LOSALTOSCA.GOV

CITY OF LOS ALTOS
Summer
CONCERT SERIES

Tiny Tots Preschool Program

Play-With-A-Purpose

Call 947-2890 for more information!



Terrific 3s

**Tue/Thu
9-11:30am**

Schedule your tour today at
LosAltosRecreation.org

All our Tiny Tots
Preschool Programs
are now at the
San Antonio Club!



Kinder Prep

**3 Day Program | Mon/Wed/Fri
9am-12pm**

* Extended Care Available | 12-2pm *

**5 Day Program | Add Tue/Thu
12-3:30pm**

Both Kinder Prep Programs
Wait List Only



YOUTH Classes

THANKSGIVING CAMPS



THANKSGIVING CAMP

The popular Los Altos Recreation & Community Services camp continues its fall session! Camp will be filled with Thanksgiving themed crafts and games, as well as the summer favorites. All supplies provided, and all activities are tailored for the appropriate age groups.

Grant Rm 1
LA Recreation & Community Svcs Staff
 211301-01 5-11yrs
 Mon-Wed 11/25-11/27 9am-2pm
 Residents \$149 All Others \$177

REBOUND BASKETBALL CAMP

Camp emphasizes basketball skills through fun activities as well as games at the end of the day. Campers should wear appropriate sport clothing and bring snacks and water.

Note: Fee includes a participation ribbon.

Egan Gym
 213307-01 5-14yrs
 Mon-Wed 11/25-11/27 9am-12:30pm
 Residents \$165 All Others \$195

Minzer



ACADEMIC FUN!

BRICKS FOR KIDZ

NEW!

Coding with Scratch 2.0

The ability to code is a key component of technology education today. This camp introduces students to basic coding strategies, and concepts using logic and problem solving skills, which will help them grow into technological innovators of tomorrow.

Grant Rm 2 **Bricks 4 Kidz Staff**
 212628-01 7-10yrs
 Sat 9/14-10/19 1-2:30pm
 Residents \$192 All Others \$228

NEW!

STEM Learning with Lego® Bricks

We will build "real life" objects out of Lego bricks while exploring the concepts of engineering, architecture and physics. Students will develop problem solving skills and critical thinking skills as they bring their models to life with batteries and motors.

Grant Rm 2 **Bricks 4 Kidz Staff**
 212629-01 5-12yrs
 Sat 9/14-10/19 10:30-11:30am
 Residents \$162 All Others \$192

ECONOMIC DRIVING SCHOOL

Online Driver's Ed

This online class is approved by the DMV. Reading, flash graphics, videos, and quizzes prepare the reader to pass the DMV test.

Registration Note: To register, visit economicdrivingschool.com/online. To complete the question "How did you hear about us?" choose code 2790.

Residents & All Others \$68.50

JEU D'ENFANT

Come play and meet new friends in a French immersion environment. Qualified instructors reinforce learning of the French language using themes, crafts and age-appropriate STEAM activities.

Required: Child must be potty trained and able to participate without a parent.

Grant Rm 1	Jeu d'Enfant Staff
260868-01	2-5yrs
Mon 9/9-12/9	9am-12pm
<u>No class 11/25</u>	
Residents \$677	All Others \$810

Grant Rm 1	Jeu d'Enfant Staff
260868-02	2-5yrs
Wed 9/11-12/11	9am-12pm
<u>No class 11/27</u>	
260868-03	2-5yrs
Fri 9/13-12/13	9am-12pm
<u>No class 11/29</u>	
Residents \$734	All Others \$879

Grant Rm 1	Jeu d'Enfant Staff
260868-04	2-5yrs
M/W/F 9/9-12/13	9am-12pm
<u>No class 11/25, 11/27, 11/29</u>	
Residents \$2111	All Others \$2531

ARTS & CRAFTS

NEW!

TEN LITTLE FINGERS ART

Introduce your child to the wonders of art without taking care of the mess. Each week brings a different theme. Children will discover different art styles and move through different stations.

Required: A parent must accompany child to class.

Grant Rm 1	Mademoiselle Anne Staff
250501-01	1.5-3yrs
Tue 9/10-10/22	9-10:15am
Residents \$168	All Others \$200

Grant Rm 1	Mademoiselle Anne Staff
250501-02	1.5-3yrs
Tue 10/29-12/10	10:30am-12pm
<u>No class 11/26</u>	
Residents \$144	All Others \$171

Grant Rm 1	Mademoiselle Anne Staff
250501-03	3-5yrs
Tue 9/10-10/22	10:30am-12pm
Residents \$200	All Others \$238

Grant Rm 1	Mademoiselle Anne Staff
250501-04	3-5yrs
Tue 10/29-12/10	10:30am-12pm
<u>No class 11/26</u>	
Residents \$172	All Others \$204



DANCE & PERFORMING ARTS

TIPTON'S TUTUS

Equipment Note for ALL Tipton's Tutus classes: Leotards and soft ballet shoes required.

Tiny Tutus

This class is an introduction to ballet and creative movement using many props and activities aimed toward your child's development. Parents are welcome to observe their little dancers from the back of the classroom.

Grant Rm 2	Tipton
260209-01	2.5-3yrs
Thu 9/12-11/14	10-10:30am
Residents \$132	All Others \$156

Ballet

A beginning dance class designed for your little dancer. This is an introduction to positions, barre work, across-the-floor fundamentals, and dance routines. A fun and creative environment to help nourish your child's love of dancing.

Equipment Note: Leotards and soft ballet shoes are required.

Grant Rm 2	Tipton
260203-01	3.5-5yrs
Thu 9/12-11/14	10:45-11:15am
Residents \$132	All Others \$156



MARTIAL ARTS

CHANG TAI DO (CTD) KARATE & FITNESS

changtaido@yahoo.com

Equipment Note for ALL Chang Tai Do Karate & Fitness classes: Participants must contact instructor (changtaido@yahoo.com) to determine mandatory materials fee due first day. Fees based on specific materials needed by participant.

Note for ALL Chang Tai Do Karate & Fitness classes: 1. Hitting or striking another student is not permitted. 2. Testing and private lessons available for additional fees.

CTD: Karate for Tots

Introduction to proper stretching, basic blocks, kicks, punches, strikes, body part awareness, and what to do to fend off an attacker. Children's natural curiosity and playfulness, combined with basic karate drills, help develop coordination, mental focus and alertness.

Shoup Park Garden House	CTD Staff
211104-01	4-7yrs
Thu 10/3-12/12	5-6pm
No class 11/28	
Residents \$222*	All Others \$264*
*Contact instructor for materials fee.	

CTD: Karate for Families

Introduction to proper stretching and students will train in a variety of stances, blocks, punches, kicks, self-defense, forms (kata), sparring (kumite) and instruments (escrima sticks), as well as combination techniques.

Prerequisites: Class is suitable for beginners over eight years old and students who have met requirements from Chang Tai Do Karate: Tots classes. Instructor will inform students if they meet requirements to advance to next level class.

Shoup Park Garden House	CTD Staff
211106-01	8+yrs
Tue/Thu 10/1-12/12	6-8pm
No class 11/28	
Residents \$317*	All Others \$375*
*Fee is per person.	

Shoup Park Garden House	CTD Staff
211106-02	8+yrs
Tue 10/1-12/10	6-8pm
211106-03	8+yrs
Thu 10/3-12/12	6-8pm
No class 11/28	
Residents \$232*	All Others \$276*
*Fee is per person.	

Ballet & Tap

A great introduction to both tap and ballet. Students will stretch and learn the basics of tap and ballet that will develop their dancing skills. A fun and creative environment to help nourish your child's love of dancing.

Grant Rm 2	Tipton
260205-01	3.5-5yrs
Thu 9/12-11/14	12:30-1:15pm
Residents \$147	All Others \$174

Ballet & Tap Beginner/Intermediate

This is a great way for your child to increase their dance skills, whether they are brand new or are looking to improve their technique. Half the class is devoted to ballet technique, and the other half we'll be tapping our feet!

Equipment Note: Leotards, soft ballet and tap shoes are required.

Grant Rm 2	Tipton
210246-01	6-8yrs
Thu 9/12-11/14	3:45-4:45pm
Residents \$157	All Others \$186

HIP HOP & BREAK DANCE

Current Hip-Hop styles and steps are introduced in an upbeat environment, using fun and age appropriate music. Dancers will also learn the seven elements of Break-Dance: Top Rock, Feet-Work, Freezes, Spins, Drops, Treading, and Swipes.

Grant MPR	Ali
210249-01	6-8yrs
Wed 9/11-11/20	6:30-7:30pm
No class 9/25, 11/13	
Residents \$272	All Others \$324



JUJITSU

For beginning students. Through a unique and supportive teaching style, students will learn punching, kicking, throwing, falling, grappling, and real world practical self-defense techniques. Join this exciting class and improve your self-confidence, condition your physical self and develop a positive self-image.

Grant MPR

211101-01
Mon/Thu 9/9-12/12
No class 11/11, 11/28
Residents \$272

Gearhart

7-16yrs
6-7pm
All Others \$324

MUSIC

MELODY ACADEMY OF MUSIC (MAM)

4000 Middlefield Rd, Rm V, Palo Alto
(Inside the Cubberley Community Center)
evelyn@melodydoremi.com

Notes for ALL Melody Academy of Music classes:
1. Only registered participants are permitted in the classroom. 2. Materials fees are nonrefundable.

Melody's Piano: 4-5 yrs

This course will introduce children to the world of music through various music skills such as singing, ear-training, keyboard playing, rhythm ensemble, and reading music. Let's have fun!

Equipment Note: MAM provides full-sized digital keyboard for each family to use in class.

Required: Parents must attend with their children.

Melody Academy of Music MAM Staff

210104-01		4-5yrs
Mon	9/9-10/14	5-5:45pm
210104-02		4-5yrs
Sun	9/15-10/20	12-12:45pm
210104-03		4-5yrs
Sat	9/28-11/2	9-9:45am
210104-04		4-5yrs
Sat	10/19-11/23	1-1:45pm
210104-05		4-5yrs
Wed	11/6-12/11	5-5:45pm

Residents \$192*

All Others \$228*

*Materials fee of \$45 due first day.

Melody's Piano: 5-7 yrs

Music theory, keyboard skills and techniques are included in this class. Ear-training and sight-singing skills will be emphasized. Children will also receive instruction in performing keyboard and rhythm instruments.

Equipment Note: MAM provides full-sized digital keyboard for each family to use in class.

Required: Parents must attend with their children.

Melody Academy of Music MAM Staff

210115-01		5-7yrs
Mon	9/9-10/14	6-6:45pm
210115-02		5-7yrs
Sun	9/15-10/20	1-1:45pm
210115-03		5-7yrs
Sat	9/28-11/2	10-10:45am
210115-04		5-7yrs
Sat	10/19-11/23	2-2:45pm
210115-05		5-7yrs
Wed	11/6-12/11	6-6:45pm

Residents \$192*

All Others \$228*

*Materials fee of \$45 due first day.

Group Violin: 6-13 yrs

Try the violin! Suzuki method is combined with Western teaching methods to provide a strong foundation for playing this sophisticated instrument. Students learn to read notes and become familiar with rhythm and music theory.

Equipment Note: Melody's Academy of Music provides a violin for each family to use in class.

Melody Academy of Music MAM Staff

210105-01 6-13yrs

Sun 9/22-10/27 3-3:45pm

210105-02 6-13yrs

Wed 10/2-11/6 6-6:45pm

210105-03 6-13yrs

Sun 10/13-11/17 12-12:45pm

Residents \$192* All Others \$228*

*Materials fee of \$45 due first day and includes 6-week violin rental. Materials fee is \$25 if student brings own violin.



Group Guitar: 7-13 yrs

This is a beginner's class for kids. Focus will be on learning basic skills and techniques for the instrument. No former musical knowledge required.

Equipment Note: Please bring your own guitar or contact the instructor to rent one.

Melody Academy of Music MAM Staff

210112-01 7-13yrs

Sat 10/5-11/9 1-1:45pm

Residents \$192* All Others \$228*

*Materials fee of \$25 due first day and does not include guitar rental.

Melody's Online Practice Partner: 5-18 yrs

This Online Practice Program will provide your children with six one-to-one LIVE practices with a professional music teacher. Your child will practice their skills and you will never have to argue with your children again when it comes to practice!

Melody Academy of Music MAM Staff

210106-01 5-18yrs

Mon 9/9-10/14 5-5:50pm

210106-02 5-18yrs

Mon 9/9-10/14 6-6:50pm

210106-03 5-18yrs

Mon 9/9-10/14 7-7:50pm

Residents \$132 All Others \$168

Group Flute: 9-13 yrs

This class is a group flute class for beginner students. The students will learn music fundamentals such as note reading, rhythm, music theory, and basic flute playing.

Equipment Note: Please bring your own flute or contact the instructor to rent one.

Melody Academy of Music MAM Staff

210110-01 9-13yrs

Sat 9/28-11/23 3-3:45pm

Residents \$192* All Others \$228*

*Materials fee of \$25 due first day and does not include flute rental.

Group Ukulele: 8-13 yrs

Try the ukulele! This group class is designed for young beginners to help them learn basic ukulele skills that include, but are not limited to chords, strum patterns, scales, and music reading.

Equipment Note: Please bring own ukulele or contact the instructor to rent one.

Melody Academy of Music MAM Staff

220113-01 8-13yrs

Sat 10/5-11/9 12-12:45pm

Residents \$192* All Others \$228*

*Materials fee of \$25 due first day and does not include ukulele rental.



SPORTS

ARCHERY

THE ART & ENJOYMENT OF ARCHERY

The archery classes in this program are designed to help students learn and develop their archery skills. Instructor Ray Roan has practiced archery for over 40 years and has been teaching for more than 35 years.

Equipment Note for all The Art & Enjoyment of Archery classes: Basic archery equipment will be provided.

Archery 1

Participants will learn the technique of shooting a bow, as well as the names for each of the parts of the bow and arrow. This safe and fun class allows each individual to focus on their accomplishments.

RWG Field		Roan
210918-01		7-17yrs
Thu	9/5-11/7	4-5pm
<u>No class 9/19, 9/26</u>		
210918-02		7-17yrs
Fri	9/6-11/8	4-5pm
<u>No class 9/20, 9/27</u>		
Residents	\$288	All Others \$344

Archery 2

This class is a continuation for those who are ready to move to the next level, or for those who have been shooting archery for at least one year. The focus of this class will be to refine shooting form.

Note: Also listed in the adult section, these classes are quite suitable for youth (8+yrs)!

RWG Field		Roan
210938-01		8+yrs
Thu	9/5-11/7	5-6pm
<u>No class 9/19, 9/26</u>		
Residents	\$288	All Others \$344

Archery 3

This class is for those who have been taking archery classes for at least four years and want to further refine their shooting skills.

Note: Also listed in the adult section, these classes are quite suitable for youth (9+yrs)!

RWG Field		Roan
210939-01		9+yrs
Fri	9/6-11/8	5-6pm
<u>No class 9/20, 9/27</u>		
Residents	\$288	All Others \$344



BASKETBALL

REBOUND BASKETBALL ACADEMY

Basketball classes focus on developing sports skills, improving self-esteem, and fair play while teaching the fundamentals of basketball such as dribbling, passing, and shooting. Fun games will be played in each class.

Note: Please bring a water bottle.

PARENT & ME

Egan Gym		Minzer
210974-01		2-3.5yrs
Sat	9/14-10/19	9:05-9:30am
250974-01		2-3.5yrs
Sat	11/2-12/14	9:05-9:30am
<u>No class 11/30</u>		
Residents	\$105	All Others \$124

FIRST SHOTS

Egan Gym		Minzer
210974-02		3.5-5yrs
Sat	9/14-10/19	9:35-10:10am
250974-02		3.5-5yrs
Sat	11/2-12/14	9:35-10:10am
<u>No class 11/30</u>		
Residents	\$115	All Others \$136



MULTI SPORTS

SKYHAWKS

Required for ALL Skyhawks classes: Participants should bring appropriate clothing, athletic shoes, snacks, and a water bottle.

Skyhawks Mini-Hawks

This multi-sport program was developed to give children a positive first step into athletics. The essentials of soccer, baseball, and basketball are taught in a safe, structured environment with lots of encouragement and a big focus on fun.

Whisman Sports Complex Skyhawks Staff

261222-01		4-6yrs
Sat	9/21-10/26	11:30am-12:30pm
261222-02		4-6yrs
Sat	11/2-12/14	11:30am-12:30pm
No class 11/30		
Residents \$149		All Others \$176

Skyhawks Basketball

Skyhawks Basketball coaches focus on the development of fundamental skills through a variety of fun and creative drills, exercises and scrimmages. Curriculum is age-appropriate and pays special attention to ball handling, passing, shooting, defense, rebounding, and conditioning.

Whisman Sports Complex Skyhawks Staff

210906-01		6-13yrs
Sat	9/21-10/26	1-2:30pm
210906-02		6-13yrs
Sat	11/2-12/14	1-2:30pm
No class 11/30		
Residents \$179		All Others \$212

Skyhawks Track & Field

Developed to introduce young athletes to this sport rich in tradition and history, this class combines technical development and fundamental techniques with safety and a major focus on fun while introducing young athletes to many Olympic-style events!

Graham Middle School Skyhawks Staff

210933-01		6-13yrs
Fri	9/27-11/15	3:30-5pm
Residents \$199		All Others \$236

Skyhawks Volleyball

Skyhawks Volleyball takes the energy and excitement of this great team sport and puts it all together into one fun-filled class. All aspects of the game are taught through drills and exercises that focus on passing, setting, hitting, and serving.

Whisman Sports Complex Skyhawks Staff

211273-01		8-14yrs
Sat	9/21-10/26	3-4:30pm
211273-02		8-14yrs
Sat	11/2-12/14	3-4:30pm
No class 11/30		
Residents \$179		All Others \$212



GAMES & SKILLS

Egan Gym		Minzer
210974-03		5-7yrs
Sat	9/14-10/19	10:15-11am
250974-03		5-7yrs
Sat	11/2-12/14	10:15-11am
No class 11/30		
Residents \$125		All Others \$148

GAMES & SCRIMMAGES

Egan Gym		Minzer
210974-04		8-14yrs
Sat	9/14-10/19	11:05am-12pm
250974-04		8-14yrs
Sat	11/2-12/14	11:05am-12pm
No class 11/30		
Residents \$135		All Others \$160

GOLF

DEEP CLIFF GOLF

10700 Clubhouse Ln, Cupertino

Equipment Note for ALL Deep Cliff Golf classes: Golf clubs provided; however, if you have your own clubs, please bring them.

Weather Policy for ALL Deep Cliff Golf classes: We make every effort to hold our classes with consideration for participant comfort. Decisions as to whether a class will take place or not will be made one hour before the scheduled start time. Registrants may call Deep Cliff Golf Course directly at (408) 253-5357 within one hour of class for updates and rescheduling. Rescheduling is done at the instructor's discretion.

Family Golf

Parents and children, come spend quality time together learning the game that may be enjoyed for a lifetime! You will receive instruction in skills, etiquette and common rules.

Registration Note: Parent must attend with child.

Deep Cliff Golf Course	Deep Cliff Staff
250914-01	6+yrs
Sat 9/7-9/28	8:30-10am
250914-02	6+yrs
Sat 10/5-10/26	8:30-10am
250914-03	6+yrs
Sat 11/2-11/30	8:30-10am
No class 11/23	
Residents \$152*	All Others \$180*
*Fee is per person.	

Junior Golf

Young golfers, come learn and develop the basic skills of golf, including the proper etiquette and the most common rules. You will learn and strengthen your abilities and knowledge of the game to prepare yourself for the next level.

Deep Cliff Golf Course	Deep Cliff Staff
210936-01	6-13yrs
Sat 9/7-9/28	10:30am-12pm
210936-02	6-13yrs
Sat 10/5-10/26	10:30am-12pm
210936-03	6-13yrs
Sat 11/2-11/30	10:30am-12pm
No class 11/23	
Residents \$172	All Others \$204

ICE SKATING

NAZARETH ICE OASIS (NIO)

3140 Bay Rd, Redwood City

Note for ALL Nazareth Ice Oasis classes: Skate rental and 30-minute practice time immediately following lesson included in fee.

Required for ALL Nazareth Ice Oasis classes:

1. Please arrive 15 minutes before class begins.
2. Bring warm clothing and mittens/gloves.
3. Helmets optional.

Ice Skating: Parent & Me

This ice skating class is designed for a child and one parent/guardian, and is geared toward development of independence in the child so they may progress to a tot ice skating class without the adult.

Nazareth Ice Oasis	NIO Staff
250903-01	3-5yrs
Sat 9/7-10/12	12-12:30pm
250903-02	3-5yrs
Sat 10/19-11/23	12-12:30pm
Residents \$162*	All Others \$192*
*Fee includes both parent and child.	

Ice Skating: Tot & Youth

Ice skating is a confidence-building sport that is challenging and rewarding. These classes will give you a fun introduction to basic ice skating skills, including skating forward, backward and stopping.

Nazareth Ice Oasis	NIO Staff
260903-01	3-5yrs
Sat 9/7-10/12	12-12:30pm
260903-02	3-5yrs
Sat 10/19-11/23	12-12:30pm
210903-01	6-12yrs
Sat 9/7-10/12	12-12:30pm
210903-02	6-12yrs
Sat 10/19-11/23	12-12:30pm
Residents \$162	All Others \$192



SOCCER

COACH KEN'S SOCCER

Equipment Note for ALL Coach Ken's Soccer classes: Shin guards are mandatory; water and sunscreen recommended.

Coach Ken's Soccer: 4-5 yrs

Players are introduced to soccer in a positive environment; they eventually play the real game. They learn FUNDamental touches and moves. They enjoy running through "the obstacle course" of speed ladders, hurdles and flags, which builds their coordination, speed and stamina.

Heritage Oaks Park Coach Ken's Staff

210923-02		4-5yrs
Tue	9/10-11/19	12:30-1:30pm
210923-03		4-5yrs
Wed	9/11-11/20	4:15-5:15pm
210923-04		4-5yrs
Fri	9/13-11/22	10-11am
210923-05		4-5yrs
Fri	9/13-11/22	4:15-5:15pm
210923-06		4-5yrs
Sat	9/14-11/23	9-10am
Residents \$252		All Others \$300

Hillview Soccer Field Coach Ken's Staff

210923-01		4-5yrs
Mon	9/16-12/9	4:15-5:15pm
No class 11/11		
Residents \$252		All Others \$300

Coach Ken's Soccer: 6-10 yrs

We emphasize ball control and acquiring movement on and off the ball. Kids learn to use all foot surfaces, plus basic fakes and moves to get around opponents. We use 1-vs-1 matches, and conclude daily with a scrimmage.

Heritage Oaks Park Coach Ken's Staff

210942-02		6-10yrs
Wed	9/11-11/20	4:15-5:15pm
210942-03		6-10yrs
Fri	9/13-11/22	4:15-5:15pm
No class 11/10		
210942-04		6-10yrs
Sat	9/14-11/23	10-11am
Residents \$252		All Others \$300

Hillview Soccer Field Coach Ken's Staff

210942-01		6-10yrs
Mon	9/16-12/9	4:15-5:15pm
No class 11/11		
Residents \$252		All Others \$300

KIDZ LOVE SOCCER (KLS)

This soccer "school" is a non-competitive, recreational environment for children to learn and play the world's most popular sport. A session experience includes age-specific warm up, demonstration, thematic progressions (drills), and recreation games.

Bonus: Each participant receives a KLS jersey!

Equipment Note for ALL Kidz Love Soccer classes: No equipment required for Mommy/Daddy & Me classes. For all other KLS classes, shin guards are required for all levels after the first meeting. NO EXCEPTIONS!

Note: KLS Rain-Out Hotline: (888) 372-5803

KLS: Mommy/Daddy & Me

As you and your child participate in our fun age-appropriate activities, your child will be developing their large motor and socialization skills. The fun happens on the field, and in Mommy/Daddy & Me Soccer, you won't have to watch from the sidelines!

Required: Parent participation is required.

Hillview Soccer Field

250916-01		KLS Staff
Thu	9/12-10/17	2-3yrs
Residents \$99		5:45-6:15pm
		All Others \$117





KLS: Tot Soccer

Encourages large motor development through soccer skills and introduces small children to the group setting. Little tykes will enjoy running and kicking just like the big kids!

Hillview Soccer Field		KLS Staff
260904-01		3.5-4yrs
Thu	9/12-10/17	3:45-4:15pm
Residents \$99		All Others \$117

KLS: Pre-Soccer

Teaches the basic techniques of the game and builds self-esteem through participation and fun soccer activity. Children learn to follow instructions in a nurturing, teaching environment.

Hillview Soccer Field		KLS Staff
210904-01		4-5yrs
Thu	9/12-10/17	4:15-4:50pm
Residents \$99		All Others \$117

KLS: Techniques & Teamwork

Teaches the basic techniques of soccer for beginning players including dribbling, passing and receiving, shooting, age-specific defense, etc. Every participant will have a ball at their feet! Fun skill games will be played at every session.

Hillview Soccer Field		KLS Staff
210921-01		5-7yrs
Thu	9/12-10/17	4:50-5:35pm
Residents \$99		All Others \$117

TENNIS

TENNIS COURT RULES

1. Tennis play, tennis shoes and tennis equipment ONLY.
2. Play is limited to 1 hour for singles play and 1 hour 30 minutes for doubles play. Play may continue if no one is waiting. Players must relinquish the court if players are waiting. Waiting players should state their intent to play to current court occupants upon arrival.
3. Two players must be present to hold a court.
4. Water ONLY. No other drinks, food or tobacco products allowed.
5. SIX BALL MAX per court allowed except for City sponsored lessons.
6. ONLY City sponsored lessons are allowed.
7. City sponsored programs have first priority. Players must relinquish the courts immediately upon request.
8. In the event of an emergency, please call 911. In the event of a non-emergency, please call police dispatch at 947-2770.

WHITLINGER/SARSFIELD TENNIS

whitlingersarsfieldtennis.com

Enjoy top-flight instruction from the staff of Stanford University Hall of Famer John Whitlinger and longtime Stanford/USPTA Professional Tom Sarsfield. All classes will consist of only two to six players and eight lessons.

Equipment Note for ALL Whitlinger/Sarsfield Tennis classes: Bring a racquet to all classes!

Make-up Policy for ALL Whitlinger/Sarsfield Tennis classes: Make ups will only be given on those occasions when inclement weather or an instructor's absence requires that a class be canceled. Unless notified to the contrary, make up lessons will be forwarded to the next normal meeting day and time. However, Fridays (for weekday lessons) or Sundays (for Saturday lessons) may be used at the instructor's discretion.

Rain Policy for ALL Whitlinger/Sarsfield Tennis classes: In case of rain, contact Recreation & Community Services at 947-2790 Monday-Friday, 8am-5pm, within an hour before scheduled starting time for class status. Or check with the instructor whose contact information is listed on whitlingersarsfieldtennis.com. For evening or weekend classes, check with the instructor at the court. If at any time the instructor is absent, report to the next scheduled lesson for make-up date. No postponement announcement will be initiated by the instructor or Recreation & Community Services.*

**Office closed alternating Fridays: check City website for schedule.*

Terrific Tiny Tennis

Special service, only two to six players per court! Children play FUN activities and games on the "42-foot court" with low-compression tennis balls. Lessons are designed to enhance their athletic and skill development in a success-oriented environment.

Equipment Note: We recommend the 21"-23" racquets.

Los Altos High School Courts 1/2 Whitlinger/Sarsfield Staff

210902-02	5-7yrs
Sat 9/14-11/2	3:30-4:10pm
210902-03	5-7yrs
Sat 9/14-11/2	4:10-4:50pm
Residents \$115	All Others \$136

Marymeade Courts 2/3 Whitlinger/Sarsfield Staff

210902-01	5-7yrs
Tue/Thu 9/10-10/3	3:20-4pm
210902-04	5-7yrs
Tue/Thu 10/15-11/7	3:20-4pm
Residents \$115	All Others \$136

Quickstart Tennis

Special Service, only two to six 6 players per court! Learn simple and efficient techniques on the "60-foot court" with low-compression tennis balls. Emphasis on control, consistency, sportsmanship and FUN!

Equipment Note: We recommend the 25"racquets.

Los Altos High School Courts 1/2 Whitlinger/Sarsfield Staff

220902-02	8-10yrs
Sat 9/14-11/2	2:30-3:30pm
Residents \$145	All Others \$172

Marymeade Courts 2/3 Whitlinger/Sarsfield Staff

220902-01	8-10yrs
Tue/Thu 9/10-10/3	4-5pm
220902-03	8-10yrs
Tue/Thu 10/15-11/7	4-5pm
Residents \$145	All Others \$172

Individual Tennis Lessons

Personal and semi-private lessons (1-4 players) taught by the staff of Stanford University Hall of Famer John Whitlinger and Stanford/USPTA Professional Tom Sarsfield.

For lessons at Marymeade Park, Courts 2/3:
Francois Chan345-8768
James Knofler (408) 410-0434

For lessons at Rosita & McKenzie Parks, Court 1:
James Knofler (408) 410-0434
Sharon Lamond (408) 712-7361
Glenn Uguccioni(408) 797-9471

For lessons at Montclair Park, Court :
Joe Bassi 576-0988
Glenn Uguccioni (408) 797-9471

Hourly Rate* & Payment
For one player: \$80 per hour
For two players: \$42.50 per hour each
For three players: \$30 per hour each
For four players: \$25 per hour each

*Discounts may be offered for four or more lessons paid in advance.

Payment by check only; payable to Tom Sarsfield. Payment due first day.



TEEN PROGRAM

Turn to page 32
for the latest
activities and info
for our teens!

Junior Novice Tennis

Special Service, only two to six players per court! Develop the essential techniques with emphasis on control, depth, and direction on the "78-foot court" with regulation tennis balls. Lessons will also incorporate rules, sportsmanship and basic doubles play.

Marymeade Courts 2/3 Whitlinger/Sarsfield Staff

220946-01	11-14yrs
Tue/Thu 9/10-10/3	5-6pm
220946-02	11-14yrs
Tue/Thu 10/15-11/7	5-6pm
Residents \$145	All Others \$172

Junior Low Intermediate Tennis

Special Service, only two to six players per court! For players who are consistent on a slow- to medium-paced rally but need to develop better depth, directional control and spin. Renew and strengthen stroke techniques with emphasis on basic strategy and tactics.

Los Altos High School Courts 1/2 Whitlinger/Sarsfield Staff

220947-01	11-14yrs
Sat 9/14-11/2	1:30-2:30pm
Residents \$145	All Others \$172

SENIOR Program

WE'VE MOVED TO GRANT

*Offered at the Senior Center at **GRANT PARK** (a partial list):*

Classes and/or Open Play

- Bridge (class & open play)
- Chair Yoga (class)
- Dance Exercises (class)
- Forgein Affairs (class)
- Line Dancing (class)
- Mah-Jongg (class & open play)
- Pinochle (open play)
- Chair Strength & Balance (class)
- Stretch (class)
- Stretch, Flex & Tone (class)

Fun Activities

- Art Ventures
- Monkey Toy Project
- Movie Day

Services Offered

- HICAP Counseling
- Tech Tutor

Sporty Fun

- Ping Pong

Lunches

Social Gatherings

- Current Event Discussion
- Spanish Lessons & Conversation



Be Involved!

Enjoy your favorite activities here at our Senior Center and bring your friends for a real good, feel good time! Come by for a class or activity and stay for coffee or lunch.

Drop in is FREE; membership is encouraged!

Become a Member!

As a Member, you can enjoy many benefits! Go to LosAltosRecreation.org to join or mail your completed application form (available at LosAltosRecreation.org) with check (payable to "City of Los Altos,") to:

Los Altos Senior Program, 97 Hillview Ave, Los Altos, CA 94022

Residents \$26/yr

All Others \$40/yr

PARK!

PLEASE NOTE THESE SPECIAL LOCATIONS

- **Pickleball** at LAYC — Thursdays at 11am
- **Senior Program Day Trips** meet at LAYC



*Drop by our center or go to
LosAltosRecreation.org for dates & fun times!*



A NOTE ABOUT ACTIVITIES AND LOCATIONS DURING CONSTRUCTION

Due to construction of the new Community Center, the Senior Program is seeing changes in activities. Please check our website, LosAltosRecreation.org, then click on the Senior Program OR check out the current issue of our newsletter, *The Spotlight*, for the most up-to-date information!

Stay up-to-date with *The Spotlight*

The newsletter of the Los Altos Senior Program, *The Spotlight*, is published 6 times per year. It is the complete source of all that is offered through our Senior Program.

Get *The Spotlight* delivered to your door for a year with a \$6 subscription or stop by the Grant Senior Center to pick up a copy!

TEEN Program

THE UNDERGROUND



The Underground Teen Center is now
CLOSED

to temporarily make room for the
Recreation & Community Services office
while the new Community
Center is under construction.

Don't despair ... new and exciting
events are planned! Visit
LosAltosRecreation.org for the most
up-to-date info!

SPECIAL EVENTS FOR TEENS

Special events for teens will most definitely continue during this construction period as we await the opening of the new Teen Center in the new Community Center!

We'll keep you updated through:



Facebook (Los Altos Recreation)



Twitter (@Losaltosrec)



our website (LosAltosRecreation.org), and

ACTIVITY GUIDE our quarterly Activity Guide!

STAY TUNED AND STAY INVOLVED!

TEEN VOLUNTEERISM

GET INVOLVED!

VOLUNTEER OPPORTUNITIES

- SPECIAL EVENTS
- SENIOR PROGRAM
- CITY HALL
- AND MORE!



WANT TO LEARN MORE?

LOSALTOSCA.GOV/VOLUNTEER OR
CONTACT RECREATION SPECIALIST
BRANDON COUNCIL AT 947-2897 OR
BCOUNCIL@LOSALTOSCA.GOV



AFTER SCHOOL DODGEBALL

Get ready for some after school fun!
With snacks and a raffle, this is the place to be for
Middle School Students in the Los Altos Area!

Free After School Drop In Program

EGAN
100 W Portola Ave

September 13 | 3-5pm

BLACH
1120 Covington Rd

October 11 | 3-5pm

Keep on eye out for all upcoming Youth Events
Follow us @LosAltosRec   

VOLUNTEER Program

City of Los Altos
Municipal Volunteer Program



MUNICIPAL VOLUNTEER PROGRAM

losaltosca.gov/volunteer

*Fall Volunteer Opportunities include
(but definitely are not limited to):*

Senior In-Home Repair Program



City Hall: Various



Contact Recreation Specialist Brandon Council
for amazing volunteer opportunities!
947-2897 or bcouncil@losaltosca.gov

REDWOOD GROVE Happenings

Redwood Grove Restoration Workdays

Volunteer outside!

Learn about local ecology while you support ongoing efforts to increase wildlife habitat: installing native plants, removing invasive species, and more!

Weekend volunteer workdays are held 1-2 times per month. For dates and to register, visit our website at grassrootsecology.org



Redwood Grove Nature Preserve
482 University Ave., Los Altos

For more information or to arrange a separate workday for your group, please contact Valerie Lee at valerie@grassrootsecology.org.



grassrootsecology.org

Party Packages

Booking your next party
is as easy as...

Cupcake!

- 1 Choose your party package
- 2 Pick a date
(and a few alternates)
- 3 Call or drop by
our office to
book it!

Archery Party

For 7+ Years

(with kids under 18 accompanied by an adult)

You'll definitely hit a bull's-eye with this party! Archery instructor Ray Roan provides 1.5 hours of instruction (and all equipment) for this fun experience.
2.5 hrs/12 guest max

At Redwood Grove

Residents: **\$200[†]**

All Others: **\$238[†]**

Party at the San Antonio Club For Kids 3-7 Years

Party tykes will delight in the San Antonio Club with its table and chairs at just the right height for the 3-7 year old set, a stage to play on, and a park-like outdoor space (complete with playhouse and large sand box). Much fun to be had by all attendees!

4 hrs/30 guest max

At the San Antonio Club*

Residents: **\$285****

All Others: **\$340****

Book Now!

To book your party, please complete the Party Application Form, which can be found online at LosAltosRecreation.org or picked up at the Recreation & Community Services office.

Return the completed application to our office in person or via mail at 97 Hillview Ave, Los Altos, CA 94022*.

*Office moving to temporary location in Shoup Park (400 University Ave, Los Altos, CA 94022) during construction. Date TBA!

Questions? Call us at 947-2790 or email us at info@losaltosrecreation.org.

*Friendly facility attendant included **\$500 deposit required. † \$250 deposit required

LOS ALTOS YOUTH THEATRE PRESENTS



Music by Alan Menken and lyrics and a book by Howard Ashman.

This classic, and creepy, tale comes to life on the Bus Barn Stage this fall! Timid and meek Seymour finds and capitalizes off a new species of plant, Audrey II. However, this conversing, carnivorous sprout has more than fame on its mind. Check out the Los Altos Stage Company's website for more information at losaltosstage.org.

Performances

October 25-November 3

Tickets

Tickets are available through the Los Altos Stage Company.

For on-line purchases

losaltosstage.org/single-tickets/

For in-person purchases

Los Altos Stage Company Box Office hours are
Wednesday, Thursday and Friday, 3pm-6pm.

Box Office address: 97 Hillview Ave (next to the theater).

For telephone purchases

Call 941-0551 during box office hours (as listed above).



For more info about Los Altos Youth Theatre, visit:
losaltosstage.org/los-altos-youth-theatre

Sports

A.Y.S.O. Region 43 ayso43.org
A.Y.S.O. Region 45 ayso45.org
C.Y.S.A. District II www.cysadistrict2.org
Futsal Kingz (indoor soccer) futsalkingz.com / (408) 440-7878
Los Altos/Los Altos Hills
American Little League info@losaltoslittleleague.com
Los Altos Mountain View Aquatic Club (LAMVAC) (Adult & Youth)
..... lamvac.org / (408) 732-3432
Los Altos Pony Baseball registrar@lamvpb.org
Mountain View Los Altos Soccer Club mvlasc.org
Mountain View Los Altos Girls Softball mvlags.org
Mountain View Masters Swim & Social Club (Adult) mvm.org
336-8603
National Junior Basketball Foothill njbfoothill.com
Pop Warner Football mvmarauders.com
Red Star Soccer redstarsoccer.net / (510) 329-4722
Tomahawks Lacrosse tomahawkslacrosse.org / (888) 599-5096
YMCA Youth Sports 969-9622

Adults

Community Emergency Response Team (CERT) &
Personal Emergency Preparedness (PEP)
..... sccfd.org / (408) 378-4010
Community Health Awareness Council (CHAC) chacmv.org
965-2020
Fit4Mom sfpeninsula.fit4mom.com / 395-7558
Foothill College foothill.edu / 949-7777
Garden Club of Los Altos thegardencluboflosaltos.org
Grassroots Ecology grassrootsecology.org / 419-9880
Greentown Los Altos greentownlosaltos.org / 383-7540
Kiwanis Club of Los Altos losaltoskiwanis.org / 735-1552
Las Madres lasmadres.org
League of Women Voters lwv.org / 429-8382
Los Altos Art Club losaltosartclub.org
Los Altos Chamber of Commerce losaltoschamber.org / 948-1455
Los Altos Community Foundation losaltoscf.org / 949-5908
BAT, LEAD
Los Altos Dispute Resolution Services 949-5267
Los Altos Stage Company losaltosstage.org / 941-0551
Mountain View/Los Altos Adult Ed Office adult@mvla.net
940-1333
Midpeninsula Regional Open Space District info@openspace.org
691-1200
Midpeninsula Widows & Widowers Assn
..... (408) 551-0069 / (408) 246-4642
Ye Olde Town Band windband.org/oldtowne

Youth

American Red Cross Babysitter Training (800) 733-2767
Boy Scouts of America Pacific Skyline Council 327-5900
Children's Corner Inc. lamvchildrenscorner.org / 948-8950
Music for Minors 237-9130

LIBRARY

Los Altos Library

13 S San Antonio Road

Mon-Thu 10am-9pm

Fri-Sun 10am-7pm

Woodland Branch Library

1975 Grant Road

Mon-Wed. 11am-8pm

Thu-Sun 11am-5pm

Library telephone numbers

Main. . 948-7683 Woodland. . 969-6030 TeleCirc. . (800) 471-0991

Santa Clara County Library website sccl.org

KIDDIE PROGRAMS (a partial listing)

at the Main Library

Toddler Storytime (1-2yrs)

Tue, Wed, Thu at 10:15am

Baby Lapsit

(0-18 mos & adults)

Wed at 1pm

(including a baby sign language series)

Reading Buddies (grades K-5)

4th Sat of each month at 2:30pm

Inclusive Sensory Storytime (all ages)

Sat, 9/7, 10/5, 11/9, and 12/14, at 11am

Preschool Storytime (3+yrs)

Tue & Wed at 11am

Mandarin Bilingual Storytime

(all ages)

Thu at 11am

Family Games & Lego Building

(all ages)

2nd Thu of every month from 4-6pm

at Woodland Library

Baby Lapsit (0-18 mos & adults)

Mon at 1:15pm

Toddler Storytime (1-2yrs)

Thu at 11:15am

TEEN PROGRAMS

Youth Game Afternoon at Los Altos Main Library Teen Room

Every Wed from 3-4:30pm

ADULT PROGRAMS

English Conversation Club at Los Altos Main Library Program Room

Meet with other English learners (18+yrs) for weekly discussions, in a friendly and supportive setting. Some English knowledge is recommended to participate, and no registration is required.

Every Fri from 1:30-3pm

BOOK GROUPS FOR ADULTS

The Whodunit? Mystery Readers Group at Los Altos Main Library

1st Wed of each month from 10:15-11:30am

The Los Altos Senior Book Club at Los Altos Main Library

Come at 12:30pm for an optional brown bag lunch and social time before the book discussion.

2nd Thu of each month at 1pm

The Great Books Club at Los Altos Main Library Program Room

3rd Tue of each month at 7pm

Adult Book Discussion Group at Los Altos Main Library

Join us as we discuss the latest in contemporary fiction.

Light refreshments served.

4th Tue of each month at 7pm

The Woodland Library Book Club at Woodland Library

2nd Tue of each month at 2pm

The Woodland Senior Book Club at Grant Park, Room 4

3rd Wed of each month at 1pm

HISTORY Museum



Changing Exhibits

Discover dynamic exhibitions that focus on the people, places, and events of Los Altos and the surrounding area, including **Our Community Prepares: Acts of Nature Then and Now**, opening Sept. 19th.

Family Events

Enjoy live music, home-baked goodies, and 1930's holiday decor at **Catch the Spirit**, Nov. 20th, 12-4pm.

1905 Farm House

Step back in time with a tour of the historic **J. Gilbert Smith House**. Follow one of our specially-trained docents through each room, experiencing a preserved piece of rural farm life.

Always Free

Los Altos History Museum's regular open hours are Thurs-Sun, 12 pm to 4 pm.

Admission is always free, thanks to the support of the City of Los Altos and our community.

Join Us!

The Museum is proudly supported by local residents like you. Become a **member** and find out about upcoming events and **volunteer opportunities**.



51 South San Antonio Rd
Los Altos, CA
losaltoshistory.org

REGISTRATION Form

City of Los Altos Recreation & Community Services • 97 Hillview Avenue*, Los Altos, CA 94022

Head of Household Information *(Please Print)*

Last Name		First Name	
E-mail Address		Cell Phone	
Home Address		City	Zip
Emergency Contact		Emergency Contact Phone	

READ & SIGN BELOW: Through this registration form, I hereby absolve the City of Los Altos, its employees & officers from all liability which may arise as the result of my participation in the activities listed below, and in the event that the below-named participant is a minor.

I hereby give my permission for his/her participation as indicated & in so doing absolve the City of Los Altos, its employees & officers from such liability. In addition, I agree to allow use of my/our photograph for program publicity. I have read & understand the City of Los Altos Recreation & Community Services Department refund policy. Furthermore, reservation of a place in a class or program does not constitute any form of guarantee by the City of Los Altos that the class or program will take place. The City of Los Altos reserves the right to cancel any program or class at any time for any reason, at its sole discretion. Money paid in advance for any class or program that is canceled by the City of Los Altos will be refunded in full.

REFUNDS & TRANSFERS Refund and transfer requests must be submitted in writing up to the day prior to the second class meeting. All refunds will be charged a \$20 service fee. Email your refund and transfer request to info@losaltosrecreation.org. No refunds or transfers will be given after the day prior to the second class meeting.

PARTICIPANT SIGNATURE (Parent or Guardian if under 18) _____ Date _____

☐ **I have special needs requiring specific accommodations to fully enjoy a class or facility.**
Please contact us at info@losaltosrecreation.org or 947-2790.

PARTICIPANT NAME (First & Last)	BIRTHDATE	M/F	CLASS CODE	CLASS TITLE	FEE
TOTAL DUE:					

CREDIT CARD PAYMENT (check one)



☐ Visa ☐ MasterCard ☐ Discover ☐ American Express

Cardholder Name: _____

Card Number: _____

Exp. Date: _____

Signature: _____

PAYMENT OPTIONS:

- Checks made payable to City of Los Altos
- Visa, MasterCard, Discover or American Express credit cards
- Cash payments must be made in person; please do not mail cash

REGISTRATION FORM RETURN OPTIONS:

- Email form to info@losaltosrecreation.org
- Mail form to 97 Hillview Ave, Los Altos, CA 94022 *
- Fax form to 947-2738
- Walk in to the Recreation Office at 97 Hillview Ave, Los Altos

REGISTRATION Info

Fall 2019 Registration Opening Date

Los Altos Resident Courtesy Registration: August 13-15

Registration Opens for All: August 16

4 Easy Ways To Register

ONLINE

LosAltosRecreation.org

FAX

947-2738

MAIL IN*

Los Altos Recreation
& Community Services
97 Hillview Ave
Los Altos, CA 94022

WALK IN*

Hillview Community Center
97 Hillview Ave
Los Altos, CA 94022

Registration Details

- Any class canceled by Recreation & Community Services will be refunded in full.
- Returned checks will be charged a \$25 service fee.
- A resident is anyone living within the City of Los Altos. All others living outside the city limits (including unincorporated areas, Los Altos Hills and Mountain View, etc.) are non-residents.

Refunds & Transfers

- Refund and transfer requests must be submitted **in writing** via the transfer/refund form up to the day prior to the second class meeting.
- All refunds will be charged a \$20 service fee per class.
- Email your refund and transfer requests to info@losaltosrecreation.org.
- No refunds or transfers will be given after the day prior to the second class meeting.

City of Los Altos Recreation & Community Services Office 97 Hillview Ave, Los Altos, CA 94022*

Office Hours

Monday – Thursday,
alternate Fridays**
8am – 5pm

Contact Info

Phone: 947-2790 Fax: 947-2738
info@losaltosrecreation.org

**Office is closed every other Friday. Please see city website for schedule.

*The Recreation & Community Services office will be moving to accommodate construction of the new Community Center. Moving date will be soon (actual date is TBA). Our new address will be: Shoup Park, 400 University Ave, Los Altos, CA 94022

Recreation & Community Services Mission Statement

The Los Altos Recreation & Community Services Department strives to enrich community members through active participation in life-long learning, health and wellness, community involvement, and recreational activities.



RECREATION LOCATIONS

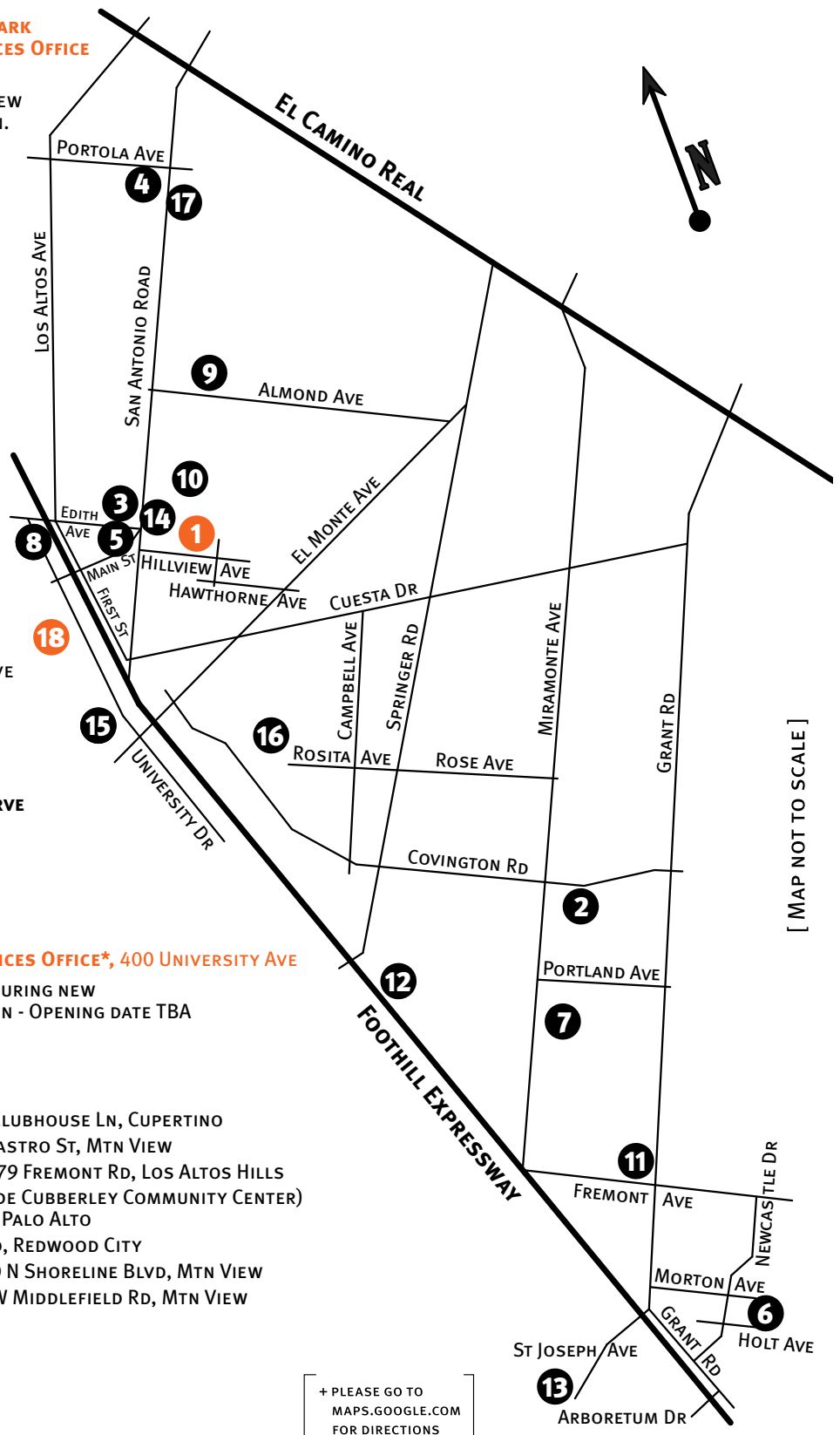
Parks, Indoor Facilities & Schools

1. **HILLVIEW COMMUNITY CENTER & PARK
RECREATION & COMMUNITY SERVICES OFFICE**
97 HILLVIEW AVE
OFFICES TO MOVE TO #18 DURING NEW
COMMUNITY CENTER CONSTRUCTION.
CLOSING DATE TBA.
2. **BLACH MIDDLE SCHOOL**
1120 COVINGTON RD
3. **VILLAGE PARK**
EDITH AVE/SAN ANTONIO RD
4. **EGAN MIDDLE SCHOOL**
100 W PORTOLA AVE
5. **COMMUNITY PLAZA**
CORNER OF MAIN & STATE STS
6. **GRANT PARK**, 1575 HOLT AVE
7. **HERITAGE OAKS PARK**
PORTLAND/MIRAMONTE AVE
8. **LINCOLN PARK**
UNIVERSITY/LINCOLN AVE
9. **LOS ALTOS HIGH SCHOOL**
201 ALMOND AVE
10. **LOS ALTOS YOUTH CENTER - LAYC**
1 N SAN ANTONIO RD
11. **MARYMEADE PARK**
FREMONT/GRANT RD
12. **MCKENZIE PARK**, 707 FREMONT AVE
13. **MONTCLAIRE PARK**
2068 STONEHAVEN DR
14. **BUS BARN THEATER**
161 S SAN ANTONIO RD
15. **REDWOOD GROVE NATURE PRESERVE**
482 UNIVERSITY AVE
16. **ROSITA PARK**, 401 ROSITA AVE
17. **SAN ANTONIO CLUB - TINY TOTS**
647 N SAN ANTONIO RD
18. **SHOUP PARK / GARDEN HOUSE /
RECREATION & COMMUNITY SERVICES OFFICE***, 400 UNIVERSITY AVE

*TEMPORARY LOCATION OF OFFICE DURING NEW
COMMUNITY CENTER CONSTRUCTION - OPENING DATE TBA

ADDITIONAL LOCATIONS

- + **DEEP CLIFF GOLF COURSE**, 10700 CLUBHOUSE LN, CUPERTINO
- + **GRAHAM MIDDLE SCHOOL**, 1175 CASTRO ST, MTN VIEW
- + **LOS ALTOS HILLS TOWN HALL**, 26379 FREMONT RD, LOS ALTOS HILLS
- + **MELODY ACADEMY OF MUSIC** (INSIDE CUBBERLEY COMMUNITY CENTER)
4000 MIDDLEFIELD ROAD, ROOM V, PALO ALTO
- + **NAZARETH ICE OASIS**, 3140 BAY RD, REDWOOD CITY
- + **SHORELINE AQUATIC CENTER**, 3160 N SHORELINE BLVD, MTN VIEW
- + **WHISMAN SPORTS CENTER**, 1500 W MIDDLEFIELD RD, MTN VIEW



FACILITY & PARK RENTALS

Check out our facilities for your holiday gatherings!

PARK/FACILITY	Map Location	Acres	Ballfield	Multi-Use Fields	Basketball	Tennis Courts	Playground	Picnic Tables	BBQ Pits	Restrooms	Rental	Kitchen
Blach Gym	2				✓					✓	✓	
Veterans Community Plaza (corner of Main & State Sts)	5	.16						✓			✓	
Egan Gym	4				✓					✓	✓	
Garden House at Shoup	18									✓	✓	✓
Grant Classrooms & Multi-Purpose Room	6	4.5		✓	✓		✓	✓	✓	✓	✓	✓
Grant Picnic Area	6				✓		✓	✓	✓	✓	✓	
Heritage Oaks	7	5.3		✓			✓	✓	✓	✓		
Hillview Classrooms, Meeting Room, Computer Lab, Multi-Purpose Room & Bocce Ball Courts	1	8.3	UNDER CONSTRUCTION									
Lincoln	8	4.4		✓								
Los Altos Youth Center (LAYC)	10							✓	✓	✓	✓	✓
Marymeade	11	2.5				✓	✓	✓	✓	✓		
McKenzie	12	4.3		✓		✓	✓	✓	✓	✓		
Montclair	13	1.1				✓	✓	✓	✓			
Redwood Grove	15	5.9	Features include a creekside and redwood trail, as well as picnic tables. Not reservable.									
Rosita Snack Shack	16	6.4	✓	✓		✓	✓	✓		✓	✓	
San Antonio Club	17						✓			✓	✓	✓
Shoup	18	3.9		✓			✓	✓	✓	✓	✓	
Village	3	.78	Features grassy area for picnicking & gardens to enjoy at the entrance to downtown Los Altos. Not reservable.									

FOR FACILITY & GROUP
PICNIC RESERVATIONS,
PLEASE CALL

947-2790

or email
info@losaltosrecreation.org

PARK FACILITIES

All park facilities are available on a first-come, first-served basis. Only Patriot Corner at Shoup Park and Grant Park Picnic Areas may be reserved in advance.

GYMNASIUMS & FIELDS

Blach & Egan Middle Schools (map locations 2 & 4).

For gym reservations:
Alyssa Hashimoto at
947-2712 or
ahashimoto@losaltosca.gov

For field reservations:
Jaime Chew at 947-2848 or
jchew@losaltosca.gov

INDOOR RENTAL FACILITIES

Meeting rooms, classrooms & multi-purpose rooms with kitchens are all available for rent.

RESERVATIONS

We welcome walk-ins Monday through Thursday at the Hillview Community Center, 97 Hillview Ave*, Los Altos. Detailed information and reservation forms are available online at LosAltosRecreation.org or can be requested by phone or email.

*Offices relocating to Shoup Park, 400 University Ave, during construction. Date TBA!



CITY OF LOS ALTOS
RECREATION & COMMUNITY SERVICES
97 HILLVIEW AVENUE, LOS ALTOS, CA 94022

Tiny Tots Preschool Program

Play-With-A-Purpose

Call 947-2890 for more information!



Terrific 3s

Tue/Thu

9-11:30am

Schedule your tour today at
LosAltosRecreation.org



**All our Tiny Tots
Preschool Programs
are now at the
San Antonio Club!**

